Hawaii Marine C Section November 7, 2003

Bulldogs claim victory

Kristin Herrick Staff Writer

Defenses on both sides of the ball came ready to play as the Bulldogs of 1st Bn., 12th Marine Regiment, defeated the Headquarters Battalion Warriors, for their

Warner Field.

first win of the season, Oct. 22 at Pop

The Warriors headed into the matchup with a 4-1 record in the MCB Hawaii Intramural Football League, second only to the Marine Aircraft Group 24 Bandits. This was the first game for the Bulldogs, who pulled off a big upset, beating the Warriors, 12-10.

"Our defense played really well and my guys put up a great effort," said Bulldog assistant coach Charles Mallette. "We had a solid game, just too many offensive mistakes."

The Bulldogs won the coin toss and elected to kick-off to start the game. The Warriors offense couldn't get anything going on its first drive and had to kick it away after a Bulldog sack pushed their offense back far into its own territo-

A short punt by the Warriors gave the Bulldogs good field position for their first drive of the evening. Their good fortune wasn't long lived as Kent Croft came up with an interception for the Warriors. The remainder of the first quarter flew by scoreless with little offensive action by either team.

The second quarter began much like the first, with tough defense on both sides of the ball until the Bulldogs fumbled and Croft was there once again to recover. He returned the fumble 75 yards to score the first points of the evening. The point after kick was good to put the Warriors up 7-0 at the close of

The third quarter came and went with change to the scoreboard. Defensive players were down in the

fourth, giving the offenses a chance to man to make it happen. He explodedon score some points.

The Warrior offense got close to the end zone, but had to settle for a field goal by Charles "Action" Jackson early in the fourth quarter. The Warriors were feeling pretty confident at this point, but the Bulldogs were just getting warmed

Two consecutive touchdowns by the Dogs put them up with little time left on

the clock. Fullback Duane Williams went in for the Bulldogs' first score of the night, but Jackson got in on the play and blocked the point after attempt. Being down by four with the game winding down, the Bulldogs needed get something Jordan going. Hubbert was the



Headquarters Battalion Warrior Kent Croft comes up behind blocker Charles Jackson after picking off a Bulldog pass. The Bulldogs went on to beat the Warriors, 12-10.

Outlaws stifle Warriors, 12-0

Lance Cpl. Jared Plotts Marine Forces Pacific

CAMP H. M. SMITH — The Outlaws of Combat Service Support Group 3 broke a scoreless game midway through the fourth quarter on a 12-yard fumble return for a touchdown against the Camp H. M. Smith Mountain Warriors, winning their first game of the season, 12-0, Monday night at Bordelon Field here.

"One mistake cost us the game," said Demetre Riddick, the new head coach of the Camp Smith Mountain

The Outlaws improved to 1-1 on the year, snapping the Warriors onegame winning streak. The Warriors' defense, which has been playing great all season long, wasn't enough to defend their winning streak.

The Outlaws' running game eventually wore down the opposition late in the fourth, sealing the victory with a nine-yard touchdown run. The score put them up 12-0, with just a minute left in the game.

The Warriors lost starting quarterback Chris Whitfield to a foot injury in the third quarter. Whitfield was plagued all night like a peasant during the Middle Ages by the Outlaws' defense.

"When my QB got hurt, it hindered us from doing what we wanted to do. I had to change our offense," said

Backup quarterback Daniel Turner got the call for the Warriors. Turner, who lost his starting job halfway through the season, attempted to bring the Warriors back, but the Outlaws' defense proved to be too much, and did not allow the Warriors past midfield in the final quarter.

Penalties also hampered the Camp Smith Mountain Warriors, taking away solid plays and putting them in third and long situations the majority of the game.

"The refs were trigger happy out there. They would call roughing the passer on us, but they didn't call a

See OUTLAWS, C-8

Turkey Trot scheduled Nov. 22

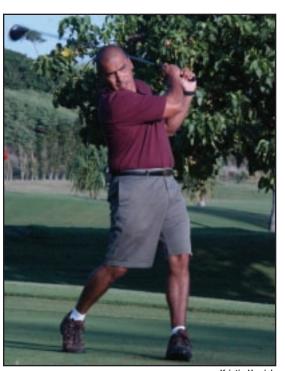
Third Radio Bn. will host this year's Turkey Trot, a 10K and a one-mile fun run designed for adults and children, Nov. 22. The race is open to the public and will begin at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay, at 8 a.m. For more information, call Marine Corps Community Services Athletics at 254-7590.

80 chip away at Klipper

Staff Writer

Golfers were off to an early start Oct. 29, partaking in the Staff NCO Golf Tournament at the Kaneohe Klipper aboard MCB Hawaii, Kaneohe Bay.

The quarterly event attracted more than 80 noncommissioned officers, Department of Defense civilians and guests who headed out for a round of golf. Players teed off at 7:30 a.m. for the four-man scramble event, but everyone



Carlos Perez tees off on the first hole of the Staff NCO Tournament. The quarterly event took place Oct. 29 at the Kaneohe Klipper.

looked wide awake and ready for a full morning of friendly competition.

a 57-yard carry to score the Bulldogs'

second touchdown, putting them up 12-

with anything in the final minutes,

handing the Bulldogs their first victory

The Warriors were unable to come up

10. The two-point conversion failed.

of the season.

"We had a really good turnout," said Bill Thompson, coordinator of the event and a member of the winning team. "Everyone got together and had a great

Shooting a 62, the team of Mo Radke, Bill Thompson and Clint Tolbert came out on top of the leaderboard. Second place honors went to Randy Brown, John McCray, Keith Williams and Rick Bradley with a score of 63.

Marine Corps Community Services provided prizes for several contests and drawings held during the game. Keith Williams won a custom driver for his longest drive on hole 10. A new driver was awarded to Howard Hemphill for being the most accurate player of the day.

Closest-to-the-pin contests were held on several holes; Nick Randolph placed his ball within six inches to win on hole six. Jose Randall and Bryan Maki won on holes 11 and 18 respectively; each received a \$50 MCCS gift certificate for precision shot making.

Scorecards were drawn for team prizes so everyone had a chance to go home with something. Team prizes included Kaneohe Klipper jackets, putters and hotel stays.

Many other prizes were awarded in an individual drawing including golf gloves, clubs, balls and pizza coupons. All players received a certificate for a free wedge from Warrior Golf for participating in the tournament.

BASE SPORTS =

Edward Hanlon V MCCS Marketing

Sunday Morning Football is Here!

Catch your team live on Direct TV featuring "NFL Ticket" at all three of the clubs: Kahuna's Sports Bar & Grill, the Rocker Room and the Officers' Club.

Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

Football & Cake Rule **Monday Night**

Watch the Pittsburgh Steelers take on the Green Bay Packers at any one of the clubs Monday. Catch the game at 6:30 p.m. on one of the plasma or big-screen TVs at Kahuna's, the Staff NCO Club or the Officers' Club.

Also, Rocker Room patrons who get to the club by 4:30 p.m. can celebrate the 228th Marine Corps birthday with a cake cutting ceremony and a punch toast.

Intramural Winter Softball League Arrives

Swing by either the Reiseley

your unit's softball team. Step up to the plate and call Marine Corps Community Services Athletics at 254-7591.

Youth Basketball **Holds Registration**

Everyone ages 6 through 17 is invited to join MCCS Youth Activities for Youth Basketball.

The season will last throughout January and February, and there will be different divisions for everyone, including active duty, DoD and MCCS family members.

The league cost is \$40 for Youth Activity members, and \$50 for nonmembers.

Also, you can get involved as a volunteer coach. Call 254-7610 to get the ball bouncing!

Color Pin Special Strikes the K-Bay Lanes

Every Wednesday, from 5 - 9 p.m., head over to the K-Bay Lanes for a bowling bargain. Roll a strike when a colored pin is in "head-pin" position, and win up to three free games of

and if you make the play, you

All patrons are welcome to this deal.

Summer Swim with MCCS Aquatics

Get a little sun and a great workout by taking summer swim lessons at the K-Bay base pool.

Classes are only \$35 per session, and include eight lessons per session. All sessions are held Tuesday through Friday for two-week periods.

Group and private surfing lessons, as well as springboard diving lessons, are also available.

Call 254-7655 for all of the details.

Deep Sea Fishing **Seeks Sportsmen**

Join Mahalo Kai Fish & Dive Charters for a day beyond the bay, as deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective. Spend your day with family

bowling. (The pin will be and friends off the coast of

or Annex Fields and cheer on noticeably different in color, windward Oahu catching some of the ocean's most exotic and tasty fish.

Dive charters are also available in the crystal clear waters surrounding the base. Call 254-7667 for more information.

Pools Invite Patrons to Take the Plunge

Wet your feet and beat the heat at any one of the MCCS pools. With four locations to serve your swimming demands, there's sure to be one nearby.

Pool locations are the K-Bay main pool (Bldg. 981), Hilltop pool (Bldg. 502 for O' Club members only), the Camp Smith pool (Bldg. 125), and the Manana Housing pool (Bldg.

Fitness Program Debuts

The Semper Fit Center hosts eight-week sessions that meet twice a week with a certified personal trainer to assist those wanting to learn how to exercise the correct and smart way.

For more information, call 254-7597.

All Marine Cross-Country Team Forms

The MCCS Athletics office is seeking Marines interested in competing in the Hawaii Services Armed Athletic Counsel Interservice Cross-Country Championship. The event will be held Feb. 5

through 9 in Indianapolis, Ind.

The All-Marine Team will be comprised of 12 men and five women. Marines who qualify for the Armed Forces Team will advance to the CISM World Military Cross-Country.

Those interested must submit resumes to MCCS Athletics by Dec. 5.

Fifteen Marines will be selected, seven for the Men's Open Division, (under 35 years of age), five for the Men's Master's Division (35 and above), and three for the Women's Open (both active duty Marines and family members of Marines are eligible for the Women's Open category).

The team will compete against the Army, Navy, Air Force and Coast Guard in Hawaii on Nov. 22 at 7:30 a.m.

For more information, contact Steve Kalnasy, MCCS varsity sports coordinator, at 254-7590 or 254-7591.

Calling all Looking for Inexpensive, Fun **Entertainment!**

Look no further! Mondays through Thursdays, all E-5 and below will receive free rental shoes and discounted games at only \$1.50 a game at K-Bay

This discount is good for open play and does not qualify for tournaments, leagues or unit functions.

Call 254-7693 for more info.

Base All Star

NAME: Steven Washam

UNIT: Headquarters & Service Bn., Camp H. M. Smith

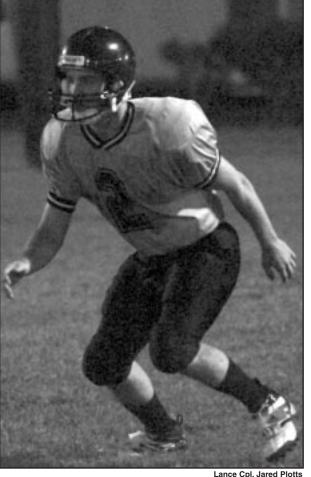
BILLET: Administration Clerk

SPORT: Football

POSTION: Cornerback

TEAM: Camp Smith Mountain Warriors

- Washam has played football for nine years.
- He led his high school team to the state playoffs.
- He took over as starting CB here halfway through the season.



Lance Cpl. Jared Plotts

"Our defense has played great all year. It's just the little mistakes that have hurt us this year, but we've improved greatly over last year."

(As of Oct. 30.)

2003 Tackle Football Standings

| TEAM | WINS | LOSSES |
|---------------------|------|--------|
| MAG-24 | 5 | 1 |
| Headquarters Bn. | 5 | 2 |
| 3rd Marine Regiment | 3 | 3 |
| 3rd Radio Bn. | 2 | 4 |
| 1/12 | 1 | 1 |
| CSSG-3 | 1 | 1 |
| | | |
| | | |

2003 Tackle Football Schedule

At Pop Warner Field, Kaneohe Bay

| Monday Wednesday Thursday Nov. 19 Nov. 20 Nov. 26 | Playoff Game Playoff Game Playoff Game Playoff Game Playoff Game Championship Game |
|--|---|
| NOV. 26 | Championship Game |
| | |

COMMUNITY SPORTS

HTMC Hikes Halapepe Nui

Join the Hawaiian Trail and Mountain Club on a five-mile hike Sunday at 8 a.m. The HTMC invites all to take an intermediate hike through the valleys around

This intermediate hike is not as arduos as our last hike. Participants will descend to a lovely valley off the loop trail. Expect native flora, mountain apples and a hearty climb back up to the loop.

A \$2 donation is requested for each nonmember, age 18 or over. Children under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. The club does not provide transportation.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information on the trail or to join in on this hike, contact coordinator Dave Sanford at 488-4419

Honolulu Hosts Harbor Festival

Hawaii will celebrate its rich maritime history Saturday, from 9 a.m. to 4 p.m. with harbor tours, tugboat hulas, the Sand Island Challenge Outrigger Canoe Race and a host of other activities that will stretch from the Hawaii Maritime Center to Aloha Tower Marketplace.

This Harbor Festival will also feature

live entertainment throughout the day by Kapena, Ka'ala Boys, Maunalua, Kanilau, Weldon Kekauoha & the Tapa Groove, and the U.S. Navy's Pacific Fleet Band. In addition, the Hawai'i Maritime Center will present a special harbor photo gallery of historic waterfront images on the waterfront.

Other activities will include demonstrations by the University of Hawai'i sailing team and the U.S. Coast Guard Search & Rescue team, as well as a Boston Tea Party re-enactment aboard the Falls of Clyde. Children's activities will take place at the Hawai'i Maritime Center, while food booths will be located at Aloha Tower Marketplace.

The Honolulu Harbor Festival is free and open to the public. Parking is available at nearby downtown parking garages such as Harbor Court, Harbor Square, the TOPA Building and the Pacific Guardian Center for a \$2 flat rate.

For more information on the Honolulu Maritime Harbor Festival, call 523-6151.

State Offers Free Recreation

ClassesEducation classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsi-

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is today from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

For more information about outdoor education or to sign up for the next available course, call 587-0200.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information on what Bellows has to offer, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for yearround camping. You can pitch your tent

at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on

the island of Oahu. Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one sixman tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week.

Marines and Sailors Get in Shape with ShipShape

You can win the war on body fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness test, the ShipShape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information or to sign up for the next ShipShape course, call Pearl Harbor at 471-9355.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll probably either agree with one of their takes, or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

College football: poll or playoff?

Capt. K. D. Robbins The Professor

Some problems lack a solution: How will NASA continue to explore the universe without funding? Will there ever be a show as good as Seinfeld? What is it that makes McDonald's so addictive? And, of course, when will Division I college football convert to a playoff system?

Well sports fans, the answer is no. Yes. It is a money thing.

The Bowl Championship Series (BCS) caters to the so-called " power conferences."

But, let us return to reality for just one moment. Do we really pay congressmen our taxpayer dollars to fight the BCS rivalry? Yet, we debate financial support of Marines, soldiers, Sailors, airmen and government employees in Iraq? There are better battles to fight — literally.

I feel for my beloved Penn State Nittany Lions. Especially JoePa's 1968 and '69 teams that both went 11-0 without a national championship. That is 22-0 in two years!

I feel even more remorse for the '70 and '71 Toledo Rockets who went 24-0 in two years and never finished with a national ranking any higher than #12.

From Paul "Bear" Bryant's '66 Alabama Crimson Tide who finished 11-0 (but #3) to Tom Osborne's '97 Nebraska Cornhuskers who finished 13-0 (#2),

it happens to football's juggernauts just as often as its Cinderellas: '75 Miami (OH), 11-0 (#15); '98 Tulane, 12-0 (#7); and '99 Marshall 13-0 (#10).

In all, since 1960, 18 teams have finished the season unbeaten and untied without a national championship. Eighteen teams in 43 years is not that bad.

Since the BCS inception in 1998, only two teams have the right to complain: Tulane and Marshall. They represent the mighty Conference U.S.A. and the Mid-American Conference. (Add Marshall to Conference U.S.A. next vear.) Neither team scheduled, nor defeated a top-ranked team in either of the undefeated seasons.

Furthermore, Conference U.S.A. is so impressive that teams are defecting from it like Russian ballet dancers to the Big Apple.

What is truly unfortunate is that as the mid-major conference teams iockey for BCS love, few of them ever finish a season undefeated.

Do they lose to powerhouses like Miami (FL) and Oklahoma?

Hardly. They lose to each other.

Bottom Line: Power conferences have the power. This is how things The Tulanes and are done. Marshalls will come and go. Keep winning. Stop whining. JoePa didn't get his first national championship until 1982. Wait your turn.



Sgt. Joe Lindsay The Goat

Roses are red, violets are blue, The Goat is a schizophrenic and so is The

About the only thing crazier than talking about yourself in the third person, and spending all of your free time trying to figure out how to do it in the fourth person, is the state of Division I-A college football's Bowl Championship Series, or BCS.

First off, there is nothing quite like college football. Fans follow their teams through thick and thin, year in and year out. Just look at Penn State. On the brink of another sorry year after years of greatness, more than 108,000 rabid fans descended upon Happy Valley to watch a gutsy effort fall short against Ohio State, as the Nittany Lions lost to last years "National Champions," 21-20.

With five straight losses and a 2-7 record, Penn State will not win a "National Championship" this year no matter what the format. But in years past, it is perhaps the most glaring example of why Division I-A football needs a playoff system. In 1968, '69, '73, '86 and '94, Penn State, went undefeated. They were named "National Champions" in '82 and '86. (Of note, they were named "National Champs" in 1982 with an 11-1 record. Go figure.)

Did Penn State deserve to be "National Champions" all five of Final Four.

those years. Maybe. Three out of the five. Maybe. Never, not even in '86. Maybe.

And that is the problem with major college football naming a "National Champion," instead of playing for one, the way every other sport in college athletics does. The "National Championship" in Division I-A football is filled with maybes, fancy computer formulas and sports writers' opinions.

It doesn't matter which of the proposed formulas is used, whether it be a 16-team playoff, or 11 major conference champions getting automatic bids with five at-large slots. They can still keep all of their bowl games, and the Fiesta, Orange, Sugar and Rose Bowls can rotate between being the championship game and the Final, or Big, Four. The other bowl games — Gator, Cotton, Peach, ConAgra, whatever — can host the Sweet Sixteen or Great Eight.

Excuses about why major college football can't have a playoff system are a joke, because we all know the only real reason is about money. The BCS teams don't want to share it with the Hawaiis, Boise States, and BYUs. Every other justification is just fluff.

Bottom Line National Championships need to be decided on the field. Major college football needs a playoff system. It needs its College World Series. It needs its

Choice for greatest catcher way off base

Ivan Rodriguez is the best catcher of All Time? Oct. 31, C-3) — are you serious? The comparison of Pudge's numbers to Bench and Fisk was very nostalgic, but not very legitimate. They were great catchers no doubt about it,

but they were better heroes than they hits compared to Piazza's 1,708, a dif-home runs than Pudge, so I guess he were ball players. Here's the real deal ference of 167 hits. However, Pudge doesn't find the need to "dig it out" as — Mike Piazza!

all time (Who is the Greatest Catcher of seasons, Pudge for 13. I could mention the number of All Star games each has been in, but then those don't tell the true story of a player's greatness, stats do.

In his 13 seasons, Pudge has 1,875 of a runner, but he has hit 137 more

has 817 more at bats than Piazza, but often as Pudge. Piazza has been in the league for 12 has walked 239 fewer times. Pudge's Don't get me wrong, Pudge is a real only offensive categories where Pudge leads Piazza are doubles, triples, and stolen bases.

I'll admit, Mike has never been much

lifetime BA is .304, Piazza .319. The good ball player and he had a great season, but best of all time? I can only guess that opinion was meant to be satirical.

> – 2nd Lt. Harold J. Everhart from Philadelphia, Pa.

SPORTS AROUND THE CORPS

NASCAR'S Team Marines takes fourth win

Gunnery Sgt. J. D. Edwards & Team Rensi Motorsports Marine Corps Recruiting Command

MARINE CORPS RECRUIT-ING COMMAND, Va — It was going to take a lot more than rain to stop Bobby Hamilton Jr., driver of the No. 25 Team Marines Ford, and Team Marine Racing, from sailing to his fourth victory of the 2003 NASCAR Busch Series.

Hamilton Jr. climbed to within 125 points of the series points leader, Scott Riggs, as he took his team to victory lane in the rain shortened Bashas' Supermarkets 200 at the Phoenix International Raceway in Avondale, Arizona, Nov. 1.

Although the race started at its scheduled time, the first four laps of the race were run under caution as a light rain continued to fall onto the one-mile track, which forced NASCAR officials to temporarily halt the race. Track crewmembers worked for twoand-a-half hours drying the track so the race could resume.

Once the race restarted, Hamilton Jr. quickly moved into second place and assumed the mission of chasing down the leader. He finally reached and



passed the leader, Kevin Harvick, a Winston Cup Series driver, on lap 60. Hamilton Jr. maintained the lead until lap 101 when Harvick returned to the lead.

On lap 102 the caution flag waved because of an accident. The Team Marines pit crew quickly prepared for its final stop and adjustments of the day. When the car came into the pits, the team came through with a lighteningfast pit stop that put Hamilton Jr. back in the lead.

Hamilton Jr. never looked back and maintained the lead to the final caution that came on lap 176 because of rain. While darkness was quickly setting in and rain continued to fall, NASCAR officials were forced to draw the race to a close on lap 181.

While the yellow and checkered flags waved, Hamilton Jr. not only claimed the win, but also took the lead for the most wins of any driver in the Busch Series this year.

The Team Marines Ford Taurus sits parked moments

before the start of the 2003

1-800-PITSHOP. COM 300 at California Speedway in

Fontana, Calif., in June 2003.

Team driver Bobby Hamilton

Jr. was among the top competitors for most of the race,

but a caution flag sent Team

Marines one lap behind,

resulting in an 18th finish.

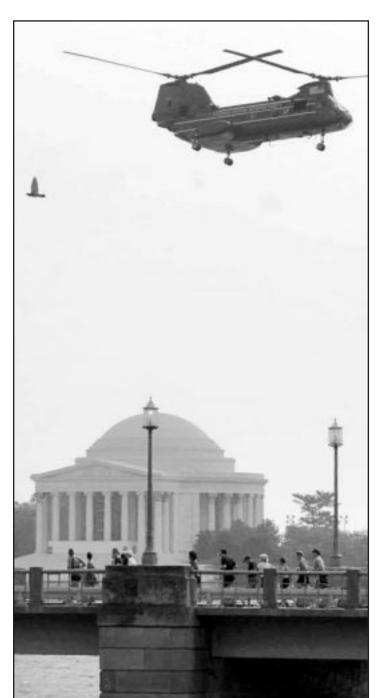
"The Team Marines Ford stayed under me all day long," Hamilton Jr. said. "Then the Team Marines pit crew put us out front with the awesome pit stop, and I just drove it on cruise control from there. The pit crew won this race for me today; they were awesome!"

Hamilton Jr. heads into the next-to-last race of the season sixth in the points standings. The next race is tomorrow at the North Carolina Speedway at 1 p.m. EDT. Motor Racing Network and TNT are scheduled to provide live coverage of the event.



Team Marines Racing earned its fourth victory this year at the Bashas' Supermarkets 200 at the Phoenix International Raceway in Avondale, Ariz., Nov. 1.

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Lance Cpl. Sara A. Carter

Night Hawk 17, a CH-46E Sea Knight, from Marine Helicopter Squadron One, flies over the 14th Street Bridge carrying photographers who were taking pictures of the 28th Marine Corps Marathon.

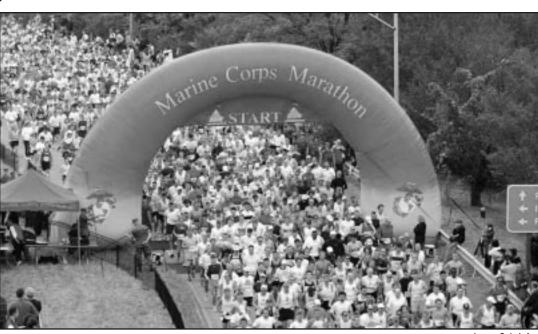
28th USMC marathon winner crosses finish line in 2:25:17

WASHINGTON — An estimated 18,900 runners competed in this year's 28th Annual Marine Corps Marathon, Oct. 26, where thousands of cups of water, orange slices, cookies and still more food were handed out.

Volunteers provided tremendous support from helping the shuttle busses move runners, to passing out water and energy drinks at water stations on the sides of the roadways and warming tired competitors with space blankets. Further, volunteers positioned themselves at the medical aid station and readily assisted injured and exhausted runners.

"With the volunteer support, it makes the race so much more enjoyable for the runners, to know they are out there," said Maj. Wesley T. Hayes, a competitor this year.

The majority of volunteer support was needed for set up from 4 - 5 a.m.,





Above and Left — Nearly 19,000 runners left the starting line, bound on a 26.2-mile course that began and ended near the **Marine Corps War** Memorial.

but many other volunteers provided motivation for the racers at every water point in between the masses of people and

See MARATHON, C-7



spotlight on health

Contact wearers offered tips to stop irritation

Hawaii Marine



Kristin Herrick, a contract worker aboard MCB Hawaii, Kaneohe Bay, uses a mirror to carefully place a contact in her right eye, after disinfecting her lenses for daily wear.

Featurettes

If you're one of the 35 million Americans who wear contact lenses, it's important to take proper care of them, especially in the face of seasonal and environmental dryness factors.

In fact, discomfort, which can be caused by dryness, is the primary reason that 2.2 million people each year stop wearing their contacts.

To keep your eyes comfortable year-round, here are some tips to handle, store and care for your contact lenses:

•Clean and disinfect your contact lenses every day.

•Wash your hands — preferably with perfume-free soap — before handling your contacts.

•Don't use saliva, distilled water, tap water or non-sterile homemade saline to clean your contact lenses.

• All disinfecting solutions are not equal. When it comes to protecting contacts from drying out, choose a multipurpose solution, a solution with tear-like moisturizers to add to and extend wear-time comfort.

•Do not sleep with your contact lenses in unless directed by your doctor. Wearing contact lenses overnight even for a short period — carries a greater health risk than nightly removal.

•Do not wear your lenses longer than prescribed. If you can't have them replaced on time, wear glasses until you can.

•Clean your contact lens case at least once a week and let it air dry.

• Do not let the tip of your solution bottle touch any surface, including your contact lenses, to keep it from becoming contaminated.

•Use water-based cosmetics while you're wearing contact lenses.

• Put your contact lenses in before applying eye makeup, and take them out before removing it.

• Have a complete eye examination every 12 months, including tests for glaucoma, cataracts and macular degeneration. Seniors, diabetics and people who have been advised to by their optometrists should have exams more frequently.

MARATHON, From C-6

volunteers watching the race estimated at 150,000.

"It was amazing watching the runners come through the water points," said Lance Cpl. Kristin Cusack, a volunteer. "They would give us a thumbs up or a smile; some people with a little more energy would scream something back at us."

The Winners

Nicknamed the "People's Marathon," the 28th annual contest stretched 26.2 miles with contestants ranging from 14 to 86 years old — 12,500 of whom were first-time runners. More than 1,200 children participated in the many attractions, to include the Marine Corps

Healthy Kids' Fun Run, a mile 21 seconds. Marine men did not long event that began at the Iwo Jima Monument.

The marathon included the Challenge Cup between U.S. Marines and the British Royal Navy, where the Marine women's team took top honors. Ginger Beals of New Bern, N.C., came across the finish line first in three hours, 11 minutes and

win this year's Challenge Cup; however, Alexander Hetherington crossed first for the Marine team in 2:37:07.

In interservice rivalry, the Army and Air Force topped Marine runners; Gerardo Aliva, a Fort Lewis, Wash., soldier, crossed in 2:32:59 and airman Mark Cucuzzella of Denver crossed in 2:33:37.

Veteran marathon runner and Olympic hopeful Peter Sherry, a high school cross-country coach, won the marathon in 2:25:17. Heather Hanscom, running in her first marathon, was the top female finisher at 2:37:59 — the second best time ever for a woman.

(Editor's Note: This article was compiled from Marine Corps Base Quantico, Va., news releases.)

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thing when they knocked Whitfield out of the game," said hard-hitting Warriors cornerback Steven Washam.

The Camp H. M. Smith Mountain Warriors must now look forward to the playoffs where they hope to surprise a few people.





Photos by Lance Cpl. Jared Plotts

Above — Mountain Warriors quarterback Daniel Turner dives in an attempt to recover a loose ball.

Left — Mountain Warriors wide receiver Gearold Provence lays out for a reception.